



# TRAILHEAD SAFETY PLAN

COVID-19

NCTA encourages all volunteers to wear masks, especially when indoors or unable to physically distance from others. Unvaccinated individuals should continue to wear masks and physically distance themselves as recommended by the CDC. Site-specific guidelines may still require masks for all event attendees. Crew and hike leaders are not required to ask volunteers for proof of vaccination status, only to make participants aware of the current guidelines.

## CREW OR HIKE LEADER RESPONSIBILITIES

- + Review current NCTA COVID-19 Guidelines.
- + Share crew or hike leader's contact information with participants and provide instructions for post-project follow-up.
- + Walk through the Questions for Volunteers/Participants (below) with the group.
- + Review the relevant Job Hazard Analysis (JHA) for your task (if applicable), and
- + provide supplemental information, including mask recommendations.
- + Ensure all participants have appropriate PPE and access to hand washing or sanitizing.

## QUESTIONS FOR VOLUNTEERS/PARTICIPANTS

*(Adapted from the CDC.)* Leaders should walk through the following question list with the full group and request that if individuals answer "yes" to any question that they go home and join a future project or program. Leaders are not required to get individual responses, just ask that participants self-select out of participation, if applicable.

- + Have you experienced symptoms consistent with COVID-19 in the past 48 hours?
  - + Fever or chills
  - + Cough
  - + Shortness of breath or difficulty breathing
  - + Fatigue
  - + Muscle or body aches
  - + Headache
  - + New loss of taste or smell
  - + Sore throat
  - + Congestion or runny nose
  - + Nausea or vomiting
- + Within the past 14 days, have you been in close physical contact (six feet or closer for a cumulative total of 15+ minutes) with anyone who is known to have tested positive for COVID-19? With anyone who has any symptoms consistent with COVID-19?
- + Are you currently waiting on the results of a COVID-19 test?

The most current NCTA guidelines can be found at  
[northcountrytrail.org/trail-alerts](https://northcountrytrail.org/trail-alerts)